

ANNUAL REPORT

OF THE

Trustees and Superintendent

OF THE

STATE LUNATIC HOSPITAL

OF

PENNSYLVANIA.



HARRISBURG:

THEO. F. SCHEFFER, PRINTER AND BINDER.

1875.

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*All communications relative to the admission, &c., of Patients should
be addressed to*

DR. JOHN CURWEN, Harrisburg, Pa.



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Report of Trustees.

TO DILLER LUTHER, M. D.,
*General Agent and Secretary of the Board of
Public Charities of Pennsylvania :*

SIR:—The Board of Trustees of the Pennsylvania State Lunatic Hospital have the honor to lay before you a statement of the affairs of the Institution for the year ending September 30th, 1875.

The number of patients admitted during the year was 178—males, 111; females, 67.

The number discharged during the same period was 142—males, 86; females, 56; of whom 36 were restored; 18 improved; 4³ stationary; and 35 died.

The number in the Hospital September 30th, 1875, was 416—males, 219; females, 197.

The whole number under treatment during the year was 558; highest number, 424; lowest number, 379; and the average number, 398.43.

In the management of the Hospital the Trustees have always endeavored to administer the trust committed to them in such a manner as to advance the greatest good of the largest number of the insane; and at the same time keep the Institution in that condition which would enable them to feel, and the public to be convinced that nothing had been left undone which could promote the welfare and restoration, so far as practicable, of all who should be placed in its care.

To do this, as in their opinion seemed required by the advancing science and demands of the time, it was necessary that every department should be placed on the best foundation; and expenditures made which might not seem to those not familiar with the internal workings of such Institutions really necessary. But, they felt that the people of Pennsylvania had the right to demand that an Institution established by them, should be in all respects equal to those in other states; and that it should furnish every means for the prompt treatment and restoration of all committed to its care, which could have been obtained in Institutions of a similar character in other states; and they were firmly convinced also, that when all the reasons for such a course were known and appreciated,

those who paid the taxes would not object to any reasonable expenditures to secure the end designed.

The Trustees have always considered themselves in honor and in duty bound to place the charges for board and medical attendance, at such rates, that those who were in the most moderate circumstances could, without special inconvenience avail themselves of the benefits of the Institution, and not be compelled to resort to other means which might tend to lower their self-respect and independence.

They would also call attention to the fact, established by long experience in all Hospitals for the Insane, that the expenses of such an Institution must necessarily be greater than in any ordinary Hospital, from the larger number of attendants required to give proper care and attention to the patients; to the absolute necessity of a good, liberal and substantial diet, in order to place those under treatment in the best possible condition; and bring them up to, and keep them at the normal standard; the greater wear and tear of such a building from the careless, destructive character of so large a number of its inmates, as well as the demand for all those hygienic measures which could assist in the maintenance of the general health, and the removal, as far as possible, of all those things which might have a tendency to interfere with or impair a sound physical condition.

To maintain the Institution in the condition required by the views thus held, the income derived from the amount charged for board and medical attendance has not been sufficient; limited, as the amount charged to those sent by the public authorities, is by law to three dollars a week; and also on account of the low rates charged for patients sent by their friends, so as to enable all to avail themselves of the advantages of treatment,

To meet this, the Legislature has been asked to make an appropriation each year, which would supplement the amount charged by the Hospital; and the amount which has been asked in each year has been the lowest which, in the estimate of the Trustees, would be required for that purpose, after a careful consideration of all the facts and requirements.

But, for several years that amount was not granted, and a sum considerably lower was appropriated by the Legislature, and consequently great difficulty has been experienced each year.

The following statement of the amount asked and received for several years past, is appended:

The amount asked in 1872 was.....	\$25,000
“ “ 1873 “	25,000
“ “ 1874 “	35,000

and \$15,000 for necessary repairs and improvements.

The amount asked in 1875 was \$25,000 for the support of the Hospital; \$20,000 for necessary repairs and improvements; \$25,000 for the old indebtedness caused by the difference between the amount asked and received in previous years.

The amount actually received was in	1872.....	\$20,000
“ “ “ “	1873.....	20,000
“ “ “ “	1874.....	35,000

and \$15,000 for necessary repairs and improvements; and \$8,000 for gas works. In 1875 the amount received was \$25,000 for the support of the Hospital; \$10,000 for necessary repairs and improvements, and \$17,000 for old indebtedness.

It will thus be seen that the amount appropriated for several years, was much less than seemed in the calm judgment of the Trustees, founded on a full knowledge of all the facts absolutely requisite, and the Hospital was unable to meet its obligations as they fell due, and consequently many bills were unpaid for a longer time than they should have been, from the inability to realize promptly the money due the Hospital; and from this failure to obtain what was really needed from the Legislature; and to make the payments of these bills, many things were not purchased which were required for the comfort and convenience of the patients; and which would have aided very much to make the wards more home-like and cheerful, and thus have assisted in promoting the restoration of the inmates.

By a most careful and rigid system of purchase, and a severe scrutiny of all the expenses, these outstanding obligations have been almost entirely met, so that at the close of the year, of the whole amount due a small part extends back of September 1st, 1875, and that would have been fully covered by the amount asked for that purpose; leaving on the minds of the Trustees, the firm conviction, that their estimates of the wants and requirements of the Hospital are much more reliable than those made by others who visit the Institution once a year, for a few hours only; and cannot, on that account give the minute examination which the subject really demands, and which the Trustees claim that they possess.

In order to enable them to conduct the affairs of the Hospital in a satisfactory and economical manner by paying cash for all articles purchased, the Trustees are decidedly of the opinion that an appropriation of forty thousand dollars, (40,000,) will be needed for the support of the Hospital, and payment of existing indebtedness; also ten thousand dollars (10,000) to make such repairs and improvements as are demanded by the condition of the Institution, and a due regard to its preservation and the objects for which it was designed.

They would also ask for an appropriation of seven thousand, two hundred and eighty-eight dollars, (\$7,288,) to enable them to purchase some property, immediately adjoining, and in front of the Hospital barn and out-building. This property can now be purchased, as the necessity has arisen for its sale, and the price above stated was fixed by three disinterested persons; one chosen by the Trustees, one by the owner of the property, and the third by those thus selected.

Should the property thus offered to the Hospital, pass out of the possession of the present owner, it may be divided up into small lots, covered with tenements, which would prove a source of serious annoyance to the Hospital in the future.

By a reference to the accounts of the Treasurer it will be seen that the receipts of the Hospital from all sources during the year have been \$123,837 00 and the payments \$123,683 87.

For the past year the health of the inmates of the Hospital has been very good, with a great exemption from all acute disease other than those causing the insanity.

For a detailed statement of the general operations of the Hospital, the Trustees would refer to the accompanying report of the Superintendent and Physician.

In conclusion, the Trustees cannot omit the renewed expression of their approbation of the faithful, efficient and humane manner in which the Superintendent and his assistants have administered to the wants and infirmities of the unfortunate inmates of the Hospital; and they earnestly commend it to the benevolent care of the proper authorities of the Commonwealth.

JNO. L. ATLEE,
TRAILL GREEN,
D. W. GROSS,
HENRY GILBERT,
WM. CALDER, ,
DANIEL EPPLEY,
R. A. LAMBERTON,
HENRY T. DARLINGTON,
GEORGE BAILEY.

STATE LUNATIC HOSPITAL,
Harrisburg, October 14th, 1875.

Report of the Superintendent.

To the Trustees of the Pennsylvania State Lunatic Hospital:

GENTLEMEN:—The number of patients admitted into this Hospital during the year ending September 30, 1875, was one hundred and seventy-eight; males, one hundred and eleven, females sixty-seven.

The number discharged during the same period was one hundred and forty-two; males eighty-six, females fifty-six. The number remaining in the Hospital on September 30, 1875, was four hundred and sixteen; males two hundred and nineteen, females one hundred and ninety-seven.

The number under treatment was five hundred and fifty-eight.

The health of the household has been good, no epidemic having prevailed, and very few cases of any intercurrent disease having required treatment.

In examining into the causes of mental disorder, it is often found that the outbreak was caused by some incident in the daily life of the individual, which, under ordinary circumstances, would not have produced any impression on a sound constitution; and the question is almost invariably asked, why so severe a disease from so trifling a cause? The medical man, anxious to be more fully satisfied, makes a careful examination into the previous life of the individual, and finds some ancestral vice or defect, or some error in the early life and training of the persons, which has exerted a strong influence on the nervous system, and thus has placed him in a position to be more readily attacked than if he had enjoyed a thoroughly healthy organization. To enter into anything like even a cursory examination or statement of what is known as the predisposing causes of mental derangement, would far exceed the limits assigned to such matters in an ordinary hospital report, even if the time would allow for such a disquisition. But into one or two points which seem to demand a fuller statement than they appear as yet to have received, it may not be amiss to inquire and make some effort to elucidate.

Too little attention is given by a large number of parents to the proper care and training of children, never inculcating those habits of obedience which are among the first which every one should learn at the very earliest age. Honor thy father and thy mother, the first commandment with promise, seems unknown to, or entirely disregarded by large

numbers of children, caused in great part by the entire neglect of careful, early and daily instillation of those habits of prompt and ready obedience, which lie at the foundation of all good government. Probably the parents have not that control of themselves which seems essential to all true government of others, and their efforts are only fitful and capricious, and not so much the result of calm judgment and reflection, as the irritation caused by some slight annoyance or act of disobedience, which is punished out of all due proportion to the offence.

No true government can be founded on, or maintained by fear, and a child must be made to feel, both by precept and example, that love is the guiding principle of all parental discipline, and be taught also that the true design of all correction is to train up a child in the way he should go, that when he is old he may not depart from it. No one can be a good citizen who lives in violation of the laws; and if children do not learn in early youth to obey their parents and those who have the care and management of them, very few will acquire the habit in after life, and they will very probably not be disposed to render that cheerful and hearty obedience to the laws of the land, which is the bounden duty of all loyal citizens.

Besides, a person who has not acquired the proper control of his temper and passions in youth, will be in great danger of some mental disturbance from the inability to look calmly and coolly at different subjects, and exercise that proper balance of thought and that careful examination of reasons and facts which we call judgment. They will be most likely to be of that class which make up their minds from impulse or passion, and are constantly blundering from one thing to another, and scarcely able to come to a correct conclusion, without help from others; and when some unusual trouble comes, they have no sober judgment or controlling moral principle which will enable them to meet the shock, or guide them to the proper course to be pursued, and they very frequently pass into some severe form of mental disorder.

Parents are too apt to neglect the duty so incumbent on them of proper parental discipline, by trying to have that performed by teachers, forgetting that the proper time to instil and enforce habits of obedience is in the early formative period of life, before any other habits and practices can be acquired.

It is not the duty of the teacher to take the place of the parents, and make up for their deficiencies, and it is unreasonable in parents to insist that the teacher shall perform the double task of instructing in the rudiments of education, and the more difficult labor of trying to impress on the minds of neglected children, that their first duty is obedience to their parents, and to all who are placed in authority over them. Every

neglect of a parent in this respect is adding pain and trouble to themselves, and injuring the future prospects of the child by rendering him less able to bear the trials and temptations he may meet, and thus opening up the way more readily to an incursion of some mental disorder.

Although the law does not allow children to be sent to school before they are six years of age, there is a constant disposition to evade this provision, and obtain admission for a child at an earlier age, so that the parent may be relieved of looking after and enforcing obedience during those years.

School directors will readily testify that they have had applications for the admission of scholars who had not reached the required age, as an incident of recent occurrence will show. Two directors were applied to for permission to admit the same child into the public school, and, on representations made, the certificates were given by each director, without the knowledge of the application to the other, and one of the certificates was used to secure admission for a child below the regular legal age. This, it will be said, may be corrected afterwards; but the fact is given as an illustration of the statement made, that the parents wish to be rid of the care of the children at the earliest possible period they can manage to place them under control of a teacher.

And when children are thus sent to school, do they there receive that careful attention and discipline which they should have? It is a well established fact, that in early childhood there is a restlessness and desire for movement, most natural to all healthy children, and when they are placed where this cannot be had, they will suffer in different ways; but still in such a manner as seriously to interfere with the proper development of their powers of mind and body. To place children of tender years in a school, and require them to sit still for an hour and a half at a time, is expecting of them more than they are really able to perform, even if they have a lesson before them which they are expected to learn. To expect a child to keep its mind fixed on any one thing for any length of time, is to look for that which is not attainable, but can only be gained in growing years, and by careful training. The child can see nothing to interest it in the words on the printed page, and it needs something to arouse and attract its attention, and keep it directed for a short time in such a way that it will be able to obtain, through the senses of sight and hearing, an idea of what is intended to be taught. But this aroused attention can only be kept up for a short period, and the whole time should be divided between mental and bodily exercise, in such a way as to prevent undue exercise of the mind, and that restlessness and dis-

comfort caused by being kept too long in one position; and the restlessness and feeling of discomfort is too often increased by the vitiated air of the room, caused by the want of proper ventilation which should carry off all that has a tendency to injure the purity of the air.

There are difficulties attending the proper direction and management of children in schools, but these difficulties would be greatly lessened if parents would consider their own responsibility for the careful management of the children at home, and be more anxious to have them examples of correct behavior and prompt obedience, and less desirous of that relief which they may gain by placing the children in school, and insisting on them remaining there so many hours a day. The teacher cannot, and ought not to be expected to take the place of the parent however excellent the discipline, or however thorough the training they may give.

"I knew of several teachers, years ago, who felt very much the need of a change with regard to the number of studies pursued by their pupils, and better modes of exercise, and even went so far as to converse with some of the parents and school authorities with regard to the matter, when to their utter astonishment they were informed that they were treading on *holy ground*, which was not lawful for any one not having the proper authority, or number of children. Some of these officers could not themselves read understandingly, and went so far as to threaten to dismiss the teacher because she did not keep the smaller children in the full six hours, but either sent them home, or out to play after they were through reciting." (Extract from a letter.)

But there are certain defects in the present system of management in schools, which should be remedied to render it more strictly in accordance with known physiological laws, and the removal of these defects lies in great part with those to whom the general directions of the schools is intrusted by the people.

It is too much the practice in many places for the directors to fix the number of books to be studied, and the amount of instruction, or more strictly, the number of pages of the book to be gone over in a specified time, and this without any adequate conception of the capacity of the children to acquire clearly and definitely the instructions thus marked out for them.

Every one knows that there is a vast variety in the mental capacity or capability of children, and in the development of those powers of mind which are required for their progress in learning. Some develop certain powers early and rapidly, while others attain their growth and power by very slow degrees; some have a fondness and aptness for one study,

and some for another, what is hard and repulsive to one, is easy and pleasant to another, and to expect all these children of different capacities to attain the same proficiency in the same studies, is looking for what can never in the present constitution of the human mind be attained. Take a class in arithmetic; part of the class will learn the lesson with the greatest ease, part will acquire it by dint of hard work and assistance from others, and another part will scarcely be able to understand the lesson with the best instructions of the teacher.

Now what is obviously needed in this case, is that the teacher should give special care to those who most need that care, to enable them to learn the lesson so as fully to understand the reasons for the different processes or steps taken to reach the end. It is useless to say that the teacher has not time to give to the drilling of that dull part of the class, for that is just the part which requires the teacher's special efforts and attention, to place the subject in a clear and correct light before the pupil, so that he will understand clearly what is done, and why it is done; the others will acquire the lesson without any extra labor on the part of the teacher, and if education is to be what its name implies, careful, diligent and continued efforts must be made to draw out the powers of the duller child, and give them that direction and support which they so much need. It will not do to have the work done in a careless, listless way, as if it were no matter whether the child understand or not, but the whole process should be carefully explained, and each step understood fully before another step is taken.

But again it is said this will take up too much time, and the teacher will not be able to carry the class through the prescribed amount. That is just the folly which should be corrected at the commencement. It is infinitely better for the future education of the mental powers, that the child should thoroughly and clearly understand the principles which lie at the foundation of any branch of knowledge, than that he should go over the whole book without being able to give a reason for what is done. It is this pushing children forward over so many books, without giving them time or opportunity to understand as they should, what they are hurried over, which is the fundamental error in the present system of teaching.

The directors and parents too often judge the efficiency and ability of a teacher, by the amount of space which he may be able to carry the child over, totally ignoring the great fact that it is the quality and clear understanding of what is learned which is education, not the amount of books gone over without the ability of the child, when the book is finished, to give any clear statement of what has been studied.

The practice is far too common of making memory the great feature in education, requiring a child to commit to memory a variety of matter, too often without any explanation of the meaning, and without insisting or requiring that the other powers of mind, reason, reflection and imagination should also be equally and simultaneously trained.

Correct education consists essentially in the careful and equable training of all the powers or faculties of the mind, not giving undue prominence to one but striving to exercise each in such a way that it may be brought into active, cautious and legitimate use, and then the child may be said to be passing through a course of education. Any other course is the merest misnomer for education and is only misleading and leaving the impression on the mind of the child that he is fitted for the duties of life when he has scarcely attained to a definite understanding of the first principles on which all true knowledge is based, and when his thinking powers have not been trained so as to enable him to grasp in a satisfactory manner any of the problems he may at any moment be called to attempt to solve.

Let it be distinctly understood by all directors, teachers and parents that what is needed is that the child should have a clear idea of one point before he is allowed to go on to another; that it is infinitely preferable that only a page of a book should be thoroughly understood than that the whole book should be gone through in a superficial manner with very little explanation, and no correct understanding and impression on the mind of what is intended to be taught. The knowledge to be of any benefit must be so acquired that it can be applied whenever occasion may call for its use, and it is just this kind of practical knowledge of which so little is brought out and rendered practicable by so much of the teaching of the present day.

The bearing of all this on the causation of mental disorders is plain and unmistakeable. In the conflict of life and amid the trials, temptations and struggles which men and women have to meet, it is very essential that their minds should be so balanced that they can take sound and sensible views of their surroundings, and be able to draw correct conclusions from given premises. If the memory be educated at the expense of the reason and reflection, what can a man do who has never been taught to reason or reflect and form a correct judgment. He is too likely to be swayed by passion and prejudice, and yield to their direction rather than take a course which calm judgment would indicate to be the best.

But there is still an element wanting in this mental training, without which all these other aids will be of little avail. Man is a moral as well as an intellectual being, and unless the moral powers are trained equally

with the intellectual, the man will in all probability be a one-sided character. It is not intended to insist, that by a moral should be a religious education as this latter belongs more directly, and particularly to parents and religious teachers, but, it is insisted upon that a sound moral education can be given without any denominational bias.

It has been said by an eminent Scotchman that the wit and wisdom of the Scot was in great part obtained by his being obliged in early youth to read as part of his regular reading lesson, the Proverbs of Solomon, but since that had been changed, the wit was declining.

A teacher may give an occasional lesson in moral training by holding up before the pupil the wrong of certain actions, and the sin of committing certain crimes, but it is infinitely wiser and better that the mind of the scholar should be thoroughly imbued with principles which will be of incalculable benefit in every circumstance in which he may be placed, and which will prevent his being torn from his moorings by every wind of passion, prejudice or folly, and where better can these principles be learned and their true bearing in all the relations of life be more clearly indicated than in the sermon on the Mount and in the Proverbs of Solomon.

Let these be made part of the regular, daily reading in schools in place of much of the present matter which is utterly vain and trifling, and lacking in that terse and vigorous English for which those proverbs and the sermon on the Mount are so celebrated, and an impression will be made and a benefit conferred which cannot be calculated, but which will inure to the lasting benefit of the pupil; fitting him to be a better man, a more loyal citizen, more upright, more honorable and more faithful in all the relations of life, and less liable to yield to those bursts of passions and freaks of prejudice which mar all his happiness, make him an annoyance and terror to his neighbors and acquaintances, and too often render him the victim of mental disorders.

But while it is thus strenuously insisted that the training of the mental powers should be in accordance with sound common sense and true physiology it is equally important that the bodily system should be carefully maintained in health so that all the different organs shall perform their functions with due regularity, for it is an established fact that unless the body be in a sound condition, the mind cannot act in a healthy manner.

It is a well-settled principle in physiology that every act of mind involves the expenditure of so much nervous force, and that this nervous force or power is derived from the cells of which the brain and nervous system are composed. It should also be borne in mind that, unless the powers of the system are kept up to the normal standard by a proper

supply of fresh, pure blood, furnishing to the different organs that which is necessary for their healthy nutrition, they will lose their power, and the whole system will show symptoms of decline and decay.

The food should be plain and nutritious, consisting of fresh meat, bread and vegetables, so as to supply an abundance of those elements which are necessary to the proper growth of the system; the clothing adapted to the season, but in the colder parts of the year, such as to protect all portions of the body and keep the temperature equable and normal; abundant and varied exercise should not only be allowed, but insisted on; the sleep should be abundant, and in all children under ten years of age no lessons should be studied at home; for if much study be a weariness of the flesh in adults, it is a positive injury in young and growing children. Weariness of the flesh is a symptom that the system needs rest, and if the rest be not given, so as fully to restore the feeling or condition of activity and buoyancy, injury will be sure to result; and, as a rule, children cannot have too much sleep, nor can they eat too much, if properly distributed, as the constant activity which keeps them in motion nearly all the time requires an abundance of good nutritious food to keep up the supply, and also afford material for growth. This is one reason why so many children who are growing rapidly, and at the same time are active in school, feel so weak and uncomfortable, and complain of headache and other symptoms of bodily exhaustion. They do not eat sufficient to keep up the mental strain to which they are subjected and, at the same time, furnish that amount of matter which is necessary to supply the demand for what must go to the formation of bones, muscles, and the different parts of the nervous system. The resort is too frequent in such cases to tonics or something to give an appetite and keep up the action of the nervous system under this pressure; whereas the true remedy is rest, thorough rest, until the system is freed from all appearances of irregular action. It is worse than useless to require any child to keep up its studies when in this languid condition, as it is sure to lead to disease or positive injury to the brain and nervous system.

There is frequently observed in such cases a brightness and activity of mind, which is looked upon as superior talents or ability, when it is only a symptom of diseased action, to be treated by removal of the cause and by perfect rest from all mental effort.

There are also certain children who are accounted prodigies, who manifest unusual activity of mind in certain directions and for certain studies, and the friends and relatives are overjoyed, and urge them on, when the true course would be to restrain them, and not allow them to

study half as much as they would, and no study is far better, for this over-stimulation of the mental faculties is sure to result in a dullness and want of power afterwards. It is too much the practice to give lessons to be studied at home of such length and character that the effort made to acquire those lessons and the desire to stand well in school compels them to spend over their lessons those hours which should be given to vigorous exercise, and consequently the complaint is far too common that the head is dull and heavy, even if there should not be positive pain, and the nervous system shows unmistakeable evidences of irregular and perverted action.

No child under sixteen years of age should be required or expected to spend more than six hours a day over its lessons. If eight hours a day is as much as the great majority of grown, healthy men can give to study without exhaustion, it is not to be expected that children whose powers are just developing, and all whose organs are in the formative period, could spend over six hours in study and recitation, without feeling exhaustion or suffering a positive injury. This change may not be at once clear and unmistakeable, but it will be found in the growing inability of the child to master what previously it had no difficulty in acquiring, by a listlessness and inattention to its usual exercises, and by that undefined feeling which incapacitates it for mental effort. The true remedy for this condition is entire freedom from all mental exertion, and rest, to enable the organs to regain their proper normal state and carry forward the different processes of the economy in a natural healthy manner.

Change of work in a person in full health is rest, but in one whose constitution has been broken or impaired by overwork the proper remedy is rest, absolute rest for a time, and not, what is so often recommended, exercise, for exercise involves an expenditure of muscular and nervous force, and this force is just what it is requisite to regain by rest; when the time for exercise comes, it must be regulated, a little at a time, with regular intervals and in prescribed amount until the system experiences no fatigue, and discomfort, for, as before stated, fatigue is a sign that rest is needed and should be taken.

And this suggests a word of caution to adults. In these times when the strain is so constant on men to keep up their business, and answer all the claims of that business, which are often severe and exacting, many complain of a sense of listlessness and inability to carry on what they formerly were able to attend to without trouble; they lose their sleep or it is very disturbed and gives little refreshment, their appetites fail, they experience an inaptitude for any mental effort and their minds begin to be

filled with anxieties and forebodings to which before they were strangers, and they go to their physicians to be relieved of these feelings, and while a certain amount of medication may be requisite to remove disordered action the sure remedy for this condition is rest, and total abstinence for a period from all mental and bodily effort so that the system may regain what they have lost and then by regulated exercise, careful diet and abundance of time given to sleep they may gradually obtain full relief.

All the operations of the human economy are performed deliberately, and with the most strict regard to order and method, and men must remember that they cannot violate any natural physiological law without suffering the penalty. The true way to maintain good health and vigor is to have some regular occupation, to eat moderately at regular intervals of plain nutritious food containing the requisite material for the prompt repair of the waste caused by work, avoid everything in food or drink which is calculated to create any unnatural stimulation or abnormal action, take exercise with regularity and in such amount as not to cause much fatigue, and always secure abundant rest and sleep at night of not less than seven or eight hours continuance, not forgetting the old medical maxim to keep the head cool, the feet warm and the body open,

TABLE I.—*Movement of the Population.*

	MALES.	FEMALES.	TOTAL.
Number at the beginning of the year.....	194	186	380
Admitted during the year.....	111	67	178
Total present in the year.....	305	253	558
Discharged—Restored.....	20	16	36
Improved.....	14	14	28
Stationary.....	27	16	43
Died	25	10	35
Remaining at the end of the year.....	219	197	416

TABLE II.—*Admissions and Discharges from the beginning of the Hospital.*

	MALES.	FEMALES.	TOTAL.
Admitted.....	2149	1672	3821
Discharged—Restored.....	423	347	770
Improved.....	450	340	790
Stationary.....	614	452	1066
Died.....	345	238	583

TABLE III.—*Number at each age when admitted in the year.*

AGE.	WHEN ADMITTED.			WHEN ATTACKED.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 15 years.....	1		1	2		2
15 to 20 years.....	5	1	6	5	1	6
20 to 25 “.....	22	8	30	24	9	33
25 to 30 “.....	14	8	22	14	12	26
30 to 35 “.....	13	10	23	13	13	26
35 to 40 “.....	15	12	27	15	10	25
40 to 45 “.....	12	10	22	11	7	18
45 to 50 “.....	6	3	9	7	3	10
50 to 60 “.....	16	7	23	15	6	21
60 to 70 “.....	6	6	12	4	4	8
70 to 80 “.....	1	2	3	1	2	3
	111	67	178	111	67	178

TABLE IV.—*Number at each age from beginning of the Hospital.*

AGE.	WHEN ADMITTED.			WHEN ATTACKED.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 15 years.....	18	15	33	47	34	81
15 to 20 years.....	82	70	152	144	108	252
20 to 25 “.....	329	213	542	354	227	581
25 to 30 “.....	295	234	529	322	253	575
30 to 35 “.....	305	248	553	294	276	570
35 to 40 “.....	307	224	531	287	205	492
40 to 45 “.....	230	200	430	203	192	395
45 to 50 “.....	174	156	330	160	134	294
50 to 60 “.....	262	207	469	228	165	393
60 to 70 “.....	108	73	181	83	60	143
70 to 80 “.....	34	30	64	25	17	42
80 and over.....	5	2	7	2	1	3
	2149	1672	3821	2149	1672	3821

TABLE V.—*Nativity of Patients admitted.*

NATIVITY.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Pennsylvania.....	83	51	134	1714	1330	3044
England.....	5	2	7	33	28	61
Ireland.....	12	9	21	198	170	368
Scotland.....				8	5	13
Wales.....				18	23	41
Germany.....	9	3	12	121	80	201
Norway.....					1	1
Italy.....				1		1
Belgium.....				1		1
France.....	1	1	2	5	2	7
Switzerland.....				2		2
West Indies.....				1	1	2
Mexico.....				1		1
Maine.....				1	2	3
New Hampshire.....				1	1	2
Vermont.....				1	1	2
Massachusetts.....				2	1	3
Connecticut.....				2	4	6
New York.....				17	11	28
New Jersey.....	1	1	2	4	1	5
Delaware.....				1	2	3
Maryland.....				12	1	13
Virginia.....				2	3	5
North Carolina.....				2		2
Florida.....					1	1
Louisiana.....					1	1
Ohio.....				1	1	2
Michigan.....					1	1
Kentucky.....					1	1
	111	67	178	2149	1672	3821

TABLE VI.—*Residence of Patients admitted.*

RESIDENCE.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Adams.....	1	3	4	46	29	75
Allegheny.....	1	2	3	42	23	65
Armstrong.....	1		1	8	3	11
Beaver.....				6	3	9
Bedford.....				27	8	35
Berks.....	4		4	52	45	97
Blair.....	5	3	8	55	56	111
Bradford.....				40	20	60
Bucks.....	2	3	5	20	18	38
Butler.....				10	1	11
Cambria.....	1		1	14	14	28
Cameron.....					1	1
Carbon.....	1		1	26	4	30
Centre.....				40	35	75
Chester.....	6	3	9	42	44	86
Clarion.....				6	4	10
Clearfield.....	1	1	2	29	22	51
Clinton.....		1	1	13	17	30
Columbia.....				36	22	58
Crawford.....	1		1	13	6	19
Cumberland.....	2	3	5	81	62	143
Dauphin.....	9	2	11	139	119	258
Delaware.....	4	1	5	28	23	51
Elk.....				6	4	10
Erie.....				15	6	21
Fayette.....				12	10	22
Franklin.....	2	2	4	63	59	122
Fulton.....	1		1	7	6	13
Greene.....				8	7	15
Huntingdon.....	5	1	6	53	37	90
Indiana.....				10	7	17
Jefferson.....				11	4	15
Juniata.....	2		2	22	16	38
Lancaster.....	2	2	4	152	144	296
Lawrence.....		1	1	13	7	20
Lebanon.....	2	2	4	44	31	75
Lehigh.....	2		2	25	33	58
Luzerne.....	1		1	119	95	214
Lycoming.....				47	25	72
McKean.....				3	3	6
Mercer.....				5	5	10
Mifflin.....	1		1	26	31	57
Monroe.....				12	4	16
Montgomery.....	6	2	8	44	22	66
Montour.....				22	24	46
Northampton.....	3	5	8	40	31	71
Northumberland.....	8	2	10	53	44	97
Perry.....	2		2	25	17	42
Philadelphia.....	10	6	16	105	61	166
Pike.....		1	1	3	3	6

TABLE VI.—*Continued.*

RESIDENCE.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Potter.....				3	3	6
Schuykill.....	11	4	15	110	87	197
Snyder.....	1	2	3	14	7	21
Somerset.....	3	1	4	26	13	39
Sullivan.....				3	3	6
Susquehanna.....				39	30	69
Tioga.....				18	27	45
Union.....	2	1	3	26	28	54
Venango.....		2	2	15	18	33
Warren.....				5	5	10
Washington.....		1	1	6	12	18
Wayne.....				29	25	54
Westmoreland.....		3	3	15	21	36
Wyoming.....				17	6	23
York.....	8	7	15	96	66	162
Maryland.....				1	1	2
New York.....				2		2
Illinois.....				1		1
Iowa.....				3		3
District of Columbia.....					3	3
North Carolina.....				1		1
Ohio.....				1	1	2
West Indies.....					1	1
	111	67	178	2149	1672	3821

TABLE VII.—*Occupation of those admitted.*

OCCUPATION.	WITHIN THE YEAR.			FROM BEGINNING,		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Apprentice.....	1		1	2		2
Artist.....				1		1
Author				1		1
Awningmaker	1		1	1		1
Bakers.....				3		3
Barbers.....				2		2
Blacksmiths	2		2	36		36
Boatbuilder.....				1		1
Boatmen.....	1		1	8		8
Boilermaker.....				1		1
Bookbinders.....				2		2
Bricklayers.....	1		1	5		5
Brickmakers.....				2		2
Butchers.....				9		9
Cabinetmakers.....				8		8
Carpenters	4		4	54		54
Civil Engineer.....				1		1
Clergymen.....				12		12
Chairmaker	1		1	1		1
Cottoncarder	1		1	1		1
Cigarmaker.....	1		1	1		1
Clorks.....	5		5	84		84
Coachmakers.....				3		3
Coachtrimmers	1		1	3		3
Coopers.....				9		9
Dentists.....				3		3
Domestics.....		5	5		160	160
Drover.....				1		1
Druggists.....				7		7
Dyers				2		2
Editors				2		2
Engineers.....				8		8
Engravers.....				2		2
Farmers.....	25		25	649		649
“ daughters of.....					73	73
Florist.....				1		1
Gardeners	1		1	4		4
Gasfitter				1		1
Glassblowers				2		2
Goldbeater.....				1		1
Gunsmith				1		1
Hatter.....	1		1	1		1
Housekeepers.....					4	4
Housewives.....		26	26		800	800
Innkeepers.....	1		1	6		6
Jeweler.....				1		1
Laborers.....	36		36	630		630
Lawyers.....	1		1	18		18
Liveryman.....				1		1
Lumbermen				5		5

TABLE VII.—*Continued.*

OCCUPATION.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Machinists	1		1	18		18
Mariners.....				4		4
Masons				11		11
Merchants.....	2		2	65		65
Millers.....	2		2	19		19
Milliners		1	1		11	11
Millwright				1		1
Miners.....	4		4	46		46
Moulders.....	1		1	3		3
Musician.....				1		1
Nailers.....				4		4
Painters.....	1		1	10		10
Paperhanger.....				1		1
Papermaker.....				1		1
Peddlers.....				3		3
Physicians.....	2		2	23		23
Plasterers.....				5		5
Potter	1		1	1		1
Printers.....				7		7
Ropemaker.....				1		1
Saddlers.....	1		1	7		7
Sailors.....				3		3
Sawyer				1		1
Shoemakers				43		43
Silversmiths.....	1		1	3		3
Seamstresses		2	2		26	26
Soldiers.....				7		7
Stonecutters				4		4
Students.....				19		19
Tailors.....	1		1	25	5	30
Tanners.....				7		7
Teachers	1	2	3	27	24	51
Telegraph Operators.....				2		2
Tinners.....				8		8
Tobaccoonists.....	2		2	11		11
Turner				1		1
Umbrella Maker.....				1		1
Waiter.....				1		1
Weavers.....				9		9
Wheelwrights.....				5		5
No occupation	7	31	38	144	569	713
	111	67	178	2149	1672	3821

TABLE VIII.—*Social Condition of those admitted.*

	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Single.....	51	23	74	931	817	1748
Married.....	56	34	90	1125	638	1763
Widowed.....	4	10	14	93	217	310
	111	67	178	2149	1672	3821

TABLE IX.—*How Committed.*

	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
By Friends.....	67	44	111	1273	1151	2424
By Directors of the Poor.....	20	17	37	405	363	768
By Courts.....	24	6	30	471	158	629
	111	67	178	2149	1672	3821

TABLE X.—*How supported of those admitted.*

	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
By self or Family.....	62	44	106	1269	1150	2419
By Directors of the Poor.....	23	18	41	179	157	336
By Court.....	26	5	31	696	365	1061
By State, (soldiers).....				5		5
	111	67	178	2149	1672	3821

TABLE XI.—Assigned causes of Insanity.

	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Ill health.....	13	10	23	215	264	479
Domestic trouble.....	4	6	10	89	197	286
Grief.....				1	5	6
Millerism.....				1	3	4
Spiritualism.....				2	2	4
Excessive study.....				3	1	4
Disappointment.....		1	1	8	5	13
Overexertion.....	3		3	39	14	53
Epilepsy.....	7	1	8	115	37	152
Fright.....	1		1	9	26	35
Intemperance.....	3		3	96	5	101
Religious excitement.....				6	3	9
Puerperal.....		6	6		109	109
Opium eating.....				5	7	12
Loss of sleep.....	1		1	6	2	8
Disease of the Brain.....	3		3	14	2	16
Failure in business.....				2		2
Anxiety.....		1	1	3	4	7
Trouble.....	20	13	33	246	226	472
Disordered menstruation.....		1	1		72	72
Injury of the head.....	2		2	21	7	28
Loss of money.....				4	1	5
Ill treatment.....				1	2	3
Masturbation.....	4		4	86	1	87
Excess.....				26	2	28
Novel reading.....					2	2
Exposure to the sun.....				9	1	10
Want of occupation.....				1		1
Mortified pride.....				1		1
Public excitement.....				30	7	37
Pecuniary trouble.....				6		6
Jealousy.....					1	1
Sunstroke.....	2		2	6		6
Change of life.....					2	2
Not assigned.....	46	28	74	1096	662	1758
Exposure.....	2		2	2		2
	111	67	178	2149	1672	3821

TABLE XII.—*Form of Disease in those admitted.*

FORM OF DISEASE.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Mania acute.....	41	15	56	747	444	1191
“ chronic.....	20	9	29	459	277	736
“ epileptic.....	7	1	8	118	38	156
“ puerperal.....		4	4		75	75
Monomania	1		1	39	12	51
Melancholy.....	32	28	60	531	663	1194
Dementia	10	10	20	236	149	385
Imbecility.....				14	7	21
Idiocy				2	1	3
Delirium				1	6	7
Not insane.....				2		2
	111	67	178	2149	1672	3821

TABLE XIII.—*Number of admissions.*

	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
First.....	98	50	148	1875	1461	3336
Second.....	8	12	20	196	166	362
Third	4	5	9	58	37	95
Fourth.....	1		1	13	7	20
Fifth... ..				7	1	8
	111	67	178	2149	1672	3821

TABLE XIV.—*Duration of Insanity previous to admission.*

	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
1 week.....	1	3	4	91	54	145
2 weeks.....	10	4	14	100	87	187
3 ".....	1		1	20	19	39
4 ".....	12	4	16	197	138	335
6 ".....	2		2	23	22	45
2 months.....	12	3	15	183	176	359
3 ".....	12	10	22	237	204	441
4 ".....	3	7	10	68	60	128
5 ".....	3	1	4	21	25	46
6 ".....	10	4	14	195	119	314
7 ".....	1		1	10	7	17
8 ".....	1		1	11	19	30
9 ".....	6	2	8	53	45	98
10 ".....				1	6	7
12 ".....	11	11	22	238	180	418
15 ".....		1	1	5	8	13
18 ".....	2	1	3	34	24	58
2 years.....	7	3	10	199	154	353
3 ".....	8	4	12	145	94	239
4 ".....	2	1	3	17	19	36
5 ".....	4	2	6	140	77	217
6 ".....	1		1	32	18	50
7 ".....	1		1	13	15	28
8 ".....		1	1	7	11	18
9 ".....				2	5	7
10 ".....	1	1	2	65	40	105
12 ".....				7	8	15
14 ".....				7	7	14
15 ".....		4	4	7	13	20
16 ".....				2	2	4
17 ".....				3	2	5
20 ".....				13	8	21
22 ".....					2	2
24 ".....					1	1
25 ".....				1	1	2
27 ".....				1		1
30 ".....					1	1
35 ".....					1	1
50 ".....				1		1
	111	67	178	2149	1672	3821

TABLE XV.—*Recovered of those Attacked at the several ages from the Beginning.*

AGE WHEN ATTACKED.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 15 years.....				2	2	4
15 to 20 years.....	2	2	4	39	46	85
20 to 25 “.....	4	3	7	98	73	171
25 to 30 “.....	1	2	3	64	67	131
30 to 35 “.....	2	2	4	56	57	113
35 to 40 “.....	3	2	5	58	38	96
40 to 45 “.....	3	3	6	37	37	74
45 to 50 “.....	1	2	3	45	20	65
50 to 60 “.....	4		4	36	28	64
60 to 70 “.....				8	4	12
70 to 80 “.....				5	1	6
	20	16	36	448	373	821

TABLE XVI.—*Recovered after various durations of the Disease before Treatment.*

DURATION OF DISEASE BEFORE TREATMENT.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 1 month.....	8	5	13	101	65	166
1 to 2 months.....	2		2	84	68	152
2 to 3 “.....	4	3	7	63	65	128
3 to 6 “.....	1	5	6	94	87	181
6 to 9 “.....	2	2	4	37	34	71
9 to 12 “.....		1	1	7	15	22
12 to 18 “.....	3		3	31	24	55
18 to 24 “.....				3	3	6
2 to 3 years.....				13	9	22
3 to 4 “.....				7	2	9
4 to 5 “.....				1	1	2
5 to 10 “.....				6		6
Over 10 “.....				1		1
	20	16	36	448	373	821

TABLE XVII.—*Duration of Treatment of those Recovered.*

DURATION.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 1 month.....	1		1	13	1	14
From 1 to 2 months.....	3	1	4	45	13	58
“ 2 to 3 “.....		3	3	84	68	152
“ 3 to 6 “.....	9	5	14	168	147	315
“ 6 to 9 “.....	2	5	7	67	75	142
“ 9 to 12 “.....	3	1	4	32	32	64
“ 12 to 18 “.....	2	1	3	25	30	55
“ 18 to 24 “.....				5	3	8
“ 2 to 3 years.....				4	3	7
“ 3 to 4 “.....				1	1	2
“ 4 to 5 “.....				2		2
Over 5 years.....				2		2
	20	16	36	448	373	821

TABLE XVIII.—*Whole duration of Disease of those Recovered from the Beginning.*

DURATION.	MALE.	FEMALE.	TOTAL.
Under 1 month.....	2	7	9
From 1 to 2 months.....	23	11	34
“ 2 to 3 “.....	28	17	45
“ 3 to 6 “.....	133	100	233
“ 6 to 9 “.....	89	88	177
“ 9 to 12 “.....	63	61	124
“ 12 to 18 “.....	51	45	96
“ 18 to 24 “.....	20	18	38
“ 2 to 3 years.....	17	19	36
“ 3 to 4 “.....	8	4	12
“ 4 to 5 “.....	2	3	5
Over 5 years.....	12		12
	448	373	821

TABLE XIX.—*Form of Disease of those Recovered.*

FORM OF DISEASE.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Mania, acute.....	13	9	22	298	173	471
“ chronic.....	1		1	8	1	9
“ puerperal.....		2	2		37	37
Monomania.....				9		9
Melancholy.....	6	5	11	133	162	295
	20	16	36	448	373	821

TABLE XX.—*Causes of Disease of those Recovered.*

CAUSE.	WHEN ADMITTED.			WHEN ATTACKED.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Ill health.....	2	5	7	55	71	126
Domestic trouble.....	1	2	3	15	35	50
Disappointment.....				5		5
Overexertion.....	2		2	15	6	21
Epilepsy.....				4		4
Fright.....				1	7	8
Intemperance.....				33		33
Religious excitement.....				1	2	2
Puerperal.....		2	2		37	37
Opium eating.....				1	1	2
Loss of sleep.....				2	1	3
Anxiety.....				1	1	2
Trouble.....	9	4	13	82	79	161
Disordered Menstruation.....		1	1		27	27
Injury of the head.....				1		1
Masturbation.....				13		13
Excesses.....				8		8
Exposure to the sun.....				3		3
Public excitement.....				16	4	20
Sunstroke.....				2		2
Lactation.....					1	1
Not assigned.....	6	2	8	190	102	292
	20	16	36	448	373	821

TABLE XXI.—*Nativity of those Recovered.*

COUNTRY.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Pennsylvania.....	13	10	23	368	292	660
Ireland.....	4	3	7	49	45	94
Germany.....	2	1	3	19	15	34
England.....	1	1	2	4	7	11
Scotland.....					5	5
Wales.....		1	1	1	3	4
Mexico.....				1		1
West Indies.....					1	1
Ohio.....					1	1
North Carolina.....				3		3
New Jersey.....					1	1
New York.....				2	2	4
Maryland.....					1	1
Rhode Island.....				1		1
	29	16	36	448	373	821

TABLE XXII.—*Causes of Death.*

CAUSES.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Exhaustion of acute mania.....	5	1	6	82	68	150
“ chronic mania.....	7	3	10	180	131	311
Disease of the brain.....	10	3	13	51	10	61
“ lungs.....	2	2	4	19	20	39
Diabetes Mellitus.....				1		1
Burns.....					1	1
Suicide.....				5	5	10
Epilepsy.....	1	1	2	22	8	30
Consumption.....				2	7	9
Remittent fever.....					1	1
Fracture of skull.....				3		3
Dysentery.....					2	2
Small pox.....				3	2	5
Dropsy of the pericardium.....				2		2
Railroad injury.....				2		2
Drowning.....				1		1
Rupture of the spleen.....				1		1
Disease of the heart.....					1	1
	25	10	35	374	256	630

TABLE XXIII.—*Ages at Death.*

AGE.	WITHIN THE YEAR.			FROM BEGINNING.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 15 years.....				2	1	3
15 to 20 years.....				3	5	8
20 to 25 “.....	1		1	27	21	48
25 to 30 “.....		5	5	36	35	71
30 to 35 “.....	3		3	42	28	70
35 to 40 “.....	4		4	56	21	77
40 to 45 “.....	4	1	5	47	24	71
45 to 50 “.....	3	1	4	87	25	62
50 to 60 “.....	6	2	8	61	52	113
60 to 70 “.....	3	1	4	40	26	66
70 to 80 “.....				17	17	34
80 to 90 “.....	1		1	6	1	7
	25	10	35	374	256	630

TABLE XXIV.—*Duration of the Disease of those who Died from the Beginning.*

DURATION.	FROM ADMISSION INTO HOSPITAL.			FROM THE ATTACK.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 1 month.....	2		2	17	16	33
1 to 2 months.....	4		4	9	10	19
2 to 3 “.....	2	1	3	17	12	29
3 to 6 “.....	1	2	3	33	34	67
6 to 9 “.....	5	1	6	20	15	35
9 to 12 “.....	1		1	15	11	26
12 to 18 “.....				34	19	53
18 to 24 “.....	3	3	6	29	14	43
2 to 3 years.....	1	2	3	30	21	51
3 to 4 “.....	1	1	2	33	14	47
4 to 5 “.....				14	10	24
5 to 10 “.....	3		3	59	32	91
10 to 15 “.....	1		1	32	27	59
15 to 20 “.....	1		1	18	12	30
20 to 25 “.....				14	9	23
	25	10	35	374	256	630

TABLE XXV.—*Remaining in the Hospital at end of Year.*

AGE.	MALE.	FEMALE.	TOTAL.
Under 15 years	2	1	3
From 15 to 20 years.....	6	3	9
“ 20 to 25 “	14	6	20
“ 25 to 30 “	31	15	46
“ 30 to 35 “	26	28	54
“ 35 to 40 “	32	25	57
“ 40 to 45 “	18	27	45
“ 45 to 50 “	19	21	40
“ 50 to 60 “	47	33	80
“ 60 to 70 “	20	30	50
“ 70 to 80 “	4	8	12
	219	197	416

TABLE XXVI.—*Remaining at the end of the Year.*

DURATION.	SINCE ENTERING THE HOSPITAL.			SINCE THE ATTACK.		
	MALE.	FEM.	TOTAL.	MALE.	FEM.	TOTAL.
Under 1 month	10	3	13			
From 1 to 2 months.....	12	6	18	1		1
“ 2 to 3 “	5	7	12	9	2	11
“ 3 to 6 “	24	20	44	17	14	31
“ 6 to 12 “	17	16	33	11	11	22
“ 12 to 18 “	5	5	10	10	9	19
“ 18 to 24 “	11	15	26	17	13	30
“ 2 to 3 years.....	5	9	14	11	13	24
“ 3 to 5 “	45	35	80	42	30	72
“ 5 to 10 “	41	38	79	39	39	78
“ 10 to 15 “	23	14	37	20	21	41
“ 15 to 20 “	12	19	31	19	14	33
“ 20 to 25 “	9	10	19	10	15	25
“ 25 to 30 “				13	16	29
	219	197	416	219	197	416

By the kind attention of the officers of the Executive Chamber, the larger part of the newspapers sent to that department, have been furnished for the use of the patients, who have greatly enjoyed the opportunity several times in each week, of looking over the papers from every section of the commonwealth.

Editors and proprietors of the following papers will accept our thanks for the regular supply of their papers:

Presbyterian Banner and Advocate, Pittsburg.

Saturday Morning Post, Pittsburg.

Arthur's Home Magazine, Philadelphia.

Church Advocate, Lancaster.

Herald and Examiner, “

Intelligencer, “

Unabhængiger Republikaner, Allentown.

Der Lecha Cauntty Patriot, “

Lutherische Zeitschrift, “

Sunbury Gazette.

Franklin Repository, Chambersburg.

Valley Spirit, “

Bradford Reporter.

Berks and Schuylkill Journal.

Delaware County American.

Lewistown Gazette.

Weekly Telegraph, Harrisburg.

Weekly Patriot. “ “

Clearfield Republican.

Doylestown Democrat.

Lebanon Advertiser.

American Republican, West Chester.

Jeffersonian, “

Huntingdon Globe.

Perry County Freeman.

Bloomfield Times.

Tioga Agitator.

Raftsmen's Journal.

Bedford Inquirer.

True Democrat, Lewistown.

Lykens Register.

Muney Luminary.

Wayne County Herald.

Wayne Citizen.

Morning Star, Dover, N. H.

Shippensburg News.

Weekly Spirit of the Times, Bethlehem.

Warren Mail.

Warren Ledger.

Bucks County Intelligencer.

United Brethren Tribune.

The gas works have been in successful operation during the year, and have enabled us to supply an excellent quality of gas, and thus have every part of the Hospital fully lighted.

The operations of the farm and garden have been conducted with a view to give as large a supply of the articles needed from them as could be obtained. The crop of potatoes has been large and fine.

The winter vegetables from the garden are not yet so far forward as to enable a positive opinion to be formed as to their value, from the great injuries done to some of them by the worm.

In addition to the supply of fresh vegetables through the summer, the operations on the farm and in the garden have given occupation to many, who would otherwise have been listlessly wandering about the wards or grounds.

Other improvements have been made, which served as a means of occupation and diversion to quite a number of men for quite a long period.

Miss Dix has manifested more than her usual interest in the Hospital, by providing a great variety of different things for the use, amusement and instruction of the patients, and by her words of counsel and encouragement to all with whom she has had the opportunity of meeting.

Mr. Valentine Hummel presented us with a large patent swing, for the use of the female patients, and many other friends have kept us mindful of their interest in the Institution by their kind words and deeds.

The evening entertainments on each evening of the week, diversified and illustrated as much as possible with the limited means at our command, have been steadily kept up during about seven months of the year.

During the early summer the Chapel was papered and painted, and an entirely new set of benches made in a most comfortable manner in our own shop, was placed in it, giving the room a more pleasant and cheerful appearance.

A large amount of furniture, such as bedsteads, small wardrobes and bureaus, for the use of the patients, has been made by the carpenters and these have been not only cheaper, but made more serviceable for hospital use than those which could have been purchased in the shops,

and it is proposed to continue the manufacture of these until the wards are provided with all that may be needed.

Dr J. Z. Gerhard, First Assistant Physician, has continued to discharge his duties to the entire satisfaction of all, and manifests at all times an earnest, intelligent zeal for the promotion of the best interests of the Hospital.

Dr. A. P. Garber who had filled the position of Second Assistant Physician very acceptably, resigned in May, and Dr. George D. Stahley was appointed in his place, and entering on his duties early in June, gives promise of a faithful and valuable officer.

Mr B. F. Kendig, as Steward, has given his time and attention faithfully to his duties, which have been discharged in a conscientious and satisfactory manner.

Mrs. Ellen Cole, as Matron, has given most earnest, patient and faithful attention to all the duties of her position, and has contributed much to the comfort of the patients, and the economical administration of the Hospital by the course she has pursued.

The Supervisors of the Male and Female Wards, have been most faithful in the discharge of their duties, and have added much to the comfort and restoration of the patients by their kindly and judicious care and attention.

Except in a few cases caused by want of adaptation to the work, and the lack of that tact and control of temper so constantly needed, the attendants, have given satisfaction in the discharge of their duties.

The year closes with a much larger number of patients than at the commencement, and though we have not reached in all respects the high point at which we aimed, owing to the frailties and imperfections so constantly attendant upon all human plans and efforts, we have felt encouraged by the degree of success attained, and look forward with earnest hope and higher aims to the labors and duties of another year, trusting for wisdom and guidance to that same kind Providence, which has heretofore directed all that has been obtained of good, and has favored us with so many tokens of his watchful and paternal care.

JOHN CURWEN.

OCTOBER 14, 1875.

Summary Statement of Receipts and Payments

— OF THE —

*Pennsylvania State Lunatic Hospital from October 1st, 1874 to
September 30th, 1875, inclusive.*

RECEIPTS.

Balance of State appropriation of 1874.....	\$26,250 00
In part of " " 1875.....	25,750 00
Revenue of Hospital from all other sources.....	71,837 00
Total.....	<u>\$123,837 00</u>
Payments.....	<u>123,683 13</u>
Balance in the treasury, September 30th, 1875.....	<u>\$153 87</u>

Respectfully submitted,

JOHN A. WEIR,
Treasurer.

HARRISBURG, *October 14th, 1875.*

We, the undersigned, do hereby certify that we have examined the account of John A. Weir, Treasurer of the Pennsylvania State Lunatic Hospital, for the period embraced in the above statement of receipts and payments, and have examined and compared the vouchers for all payments made and find the same to be correct.

D. W. GROSS,
HENRY GILBERT,
Auditors.

Steward's Annual Statement

Of Expenditures embraced in Orders drawn on the Treasurer

From October 1st to September 30th, 1875.

HOUSEHOLD.

Apples, 61 bbls.	\$197 00
Butter, 15,647 lbs.,	4,698 76
Beef (fresh,) 91,276 lbs.	9,127 60
" (corned,) 15,093 lbs.	1,169 15
" (extract of,) . . .	60 00
" (dry,) 472 lbs.,	107 72
" (Tongues and Tripes	51 75
Beans, Rice and Barley,	244 89
Babbitt's Potash, . . .	140 37
Baking Soda, Spices and	
Extracts, . . .	227 76
Buckwheat & Corn Meal,	216 05
Bath Brick and Sand, . .	7 60
Coal, 2630 $\frac{3}{4}$ tons, . . .	9,680 41
Coal Oil, 44 gallons, . .	17 60
Corn Starch and Farina,	66 20
Candles, 1004 lbs., . . .	220 88
Cheese, 2662 $\frac{1}{2}$ lbs., . . .	425 82
Crackers and Biscuit,	137 31
Chocolate, 100 lbs., . . .	40 00
Eggs, 1245 $\frac{1}{2}$ doz.	291 89
Flour, 763 bbls., ...	5,100 25
Fruit, (dry,) 1411 lbs.	344 66
Fruits and Vegetables,	379 32
Fish, (fresh,) 15,263 lbs.	2,156 50
Fish, (salt,)	591 60
Gas Coal, 135 4-5 tons, . .	688 11
Ground Coffee, 11,563 lbs.	3,172 39
Ham, 4,448 $\frac{3}{4}$ lbs., ...	696 73
Hops and Malt, ...	36 30
Lard, 4,520 lbs.	691 68
Mutton, 1,506 lbs.	136 26
Onions, 44 $\frac{1}{2}$ bus., ...	51 02
Pork (fresh,) 1,629 lbs.,	138 94
Pudding and Sausage,	
4,123 lbs, ...	603 55
Potatoes, 1,646 $\frac{2}{3}$ bus., . .	1,401 23
Poultry, ...	97 50
Salt, 35 sacks, ...	76 20
Syrup, 1599 gals, ...	1,633 91

Carried forward, . . \$44,524 91

Amount forward, . . .	\$44,524 91
Sugar, 26,642 lbs., . . .	2,823 53
Starch and Indigo, . . .	51 44
Sal. Soda, 2,987 lbs., . .	119 48
Slaughtering Hogs, (36,) .	108 00
Soap, (6,000 lbs., ...	360 00
Tea, 2,001 lbs.	1,360 65
Vinegar, 11,357 gallons,	284 88
Vcal, 3,816 lbs.	407 69
	<u>\$49,980 58</u>

FURNITURE.

Bedding, ...	\$2,140 72
Blinds and Repair, . . .	167 28
Baskets and Buckets, . .	81 97
Brooms and Brushes, . .	299 25
Carpets and Oil Cloths, . .	256 80
Cloek and Repair, ...	16 35
Cutlery and Spoons, . . .	131 20
Furniture and Repairs,	294 75
Lumber for Furniture, . .	593 54
Mirrors, ...	10 35
Piano, ...	175 00
Queensware, ...	519 33
Towels & Toilet Fixtures,	193 28
Tinware, ...	420 60
	<u>\$5,300 42</u>

CLOTHING.

Boots and Shoes, ...	1 086 95
Hats and Caps, ...	190 05
Material for Clothing, . .	2,343 68
Ready-Made "	1,830 16
	<u>\$5,450 84</u>

FARM, GARDEN, DAIRY AND STABLE.

Blacksmithing & Shoeing	\$291 55
Chop feed, 66,650 lbs. . .	1,045 43

Carried forward, . . \$1,336 98

Amount forward, .	\$1,336 98
Corn, 784 1-7 bus., .	586 29
Hay, 48,526 lbs., .	520 79
Implements and Repair, .	120 42
Manure, 4 loads, .	6 00
Oil Cake and Medicines, .	12 05
Oats, 489 bus., .	321 05
Paris Green, 28 lbs., .	13 44
Patient's Carriage, .	550 00
Potatoes, for seed, 100 bus., .	105 00
Repairing wagons & Carts, .	607 75
Sleigh, .	75 00
Stock Bought, .	167 00
Seeds, .	30 00
Straw, 38,765 lbs., .	264 46
	\$4,716 23

IMPROVEMENTS AND REPAIRS.

Bolts, Nuts and Washers, .	\$12 70
Brick, 13,300, .	113 05
Brick Clay, 115 Loads, .	99 25
Blacksmithing, .	250 57
Belting, .	83 97
Castings & Machine Work	408 17
Cement, Lime and Plaster	492 02
Fire Brick and Clay, .	56 00
Freight, .	58 05
Gas Implements & Fixtures	138 26
Grate Bars, .	373 51
Glass and Putty, .	95 63
Hot Water Trap, .	153 50
Lamp Posts, Lanterns and	
Fixtures, .	40 60
Locks, Keys and Hinges, .	307 59
Lumber, .	1,806 38
Lead, 369½ lbs., .	31 49
Machine Oil, 132½ gals., .	163 29
Material & Covering Steam	
Pipes, .	549 75
Nails, Screws and Tacks, .	113 62
Oils and Paints, .	208 95
Pump for Well, .	46 38
Papering Chapel, .	109 80
Packing, .	56 11
Pipes, Valves and Fittings, .	1,063 04
Retorts for Gas Works, 2, .	183 20
Roofing and Spouting, .	170 35
Rope and Cord, .	83 64
Scales for Gas Works, .	72 00
Stone, .	5 60
Sand, 1,860 bus., .	130 20
Shovels and Picks, .	39 90
Small Tools, .	66 20
Tallow, 504 lbs., .	47 81

Carried forward, . \$7,630 49

Amount forward, .	\$7,630 49
Tinning Flues, Tin and	
Solder, .	52 03
Terra Cotta Flues, .	10 80
Water Closet Hoppers, 6, .	34 15
Wheelbarrows, .	39 60
Wire Guards, .	20 10
Water's Patent Heater, .	200 00
Wages to Carpenters, .	48 00
" Bricklayers, .	410 35
" Machinists, .	840 00
" Plasterers, .	547 35
" Painters, .	285 55
" Stone Masons, .	13 95
	\$10,181 77

WAGES.

Attendants, .	10,152 88
Baker and Assistant, .	985 00
Carpenters, .	905 00
Cooks and Assistants, .	1,893 97
Coachmen, .	506 00
Dairyman, .	360 00
Engineers and Firemen, .	1,978 05
Farmer and Assistants, .	502 34
Gardener and Assistants, .	861 33
Jobbers, .	381 00
Laundryman and Maids, .	1,706 53
Machinist, .	695 00
Matron's Assistant, .	234 00
Teamster, .	220 00
Watchmen, .	500 00
	\$21,881 10

MISCELLANEOUS.

Coffins and Attendance, .	414 00
Expenses with Patients, .	12 75
Freight, .	399 92
Insurance, .	412 50
Magic Lantern Retort, .	4 00
Printing Reports, Propo-	
sals, &c., .	398 07
Postage and Box Rent, .	287 33
Stationery and Periodicals	531 17
Spectacles, .	42 00
Tobacco, 592½ lbs., .	484 52
Traveling expenses for the	
Hospital, .	36 78
Tuning Pianos and Organs	12 00
Women Cleaning House, .	14 00
	\$3,049 04

MEDICINES, . \$728 09

STATE LUNATIC HOSPITAL.

Money advanced to Patients
going away, . . . \$84 85

Loan and Interest on loan \$15,264 67

Refunded, . . . \$542 59

RECAPITULATION.

Household, . . . \$49,980 58

Furniture, . . . 5,300 42

Carried forward, . \$55,281 00

Amount forward, . \$55,281 00

Clothing, . . . 5,450 84

Farm, Garden, Dairy and
Stable, . . . 4,716 23

Improvements & Repairs, . 10,131 77

Wages, . . . 21 881 10

Miscellaneous, . . . 3,049 04

Medicines, . . . 728 09

Money advanced to Patients
going away, . . . 84 85

Loan and Interest on Loan, 15,264 67

Refunded, . . . 542 59

\$117,130 18

All of which is respectfully submitted,

B. F. KENDIG,

Steward.

HARRISBURG, September 30th, 1875.

Admission of Patients.

“That insane persons may be placed in a Hospital for the insane by their legal guardians, or by their relatives or friends, in case they have no guardians, but never without the certificate of two or more reputable physicians, after a personal examination, made within one week of the date thereof, and this certificate to be duly acknowledged and sworn to or affirmed before some magistrate or judicial officer, who shall certify to the genuineness of the signatures, and to the responsibility of the signers.”
—*Law of April, 1860.*

1. As the wards of the Hospital are crowded, none but recent cases, which have originated within one year, can be admitted.

2. Preparatory to the admission of a patient, (unless when committed by order of a court,) the Superintendent shall be furnished with the certificate required by the law, given above, with a request from a near relative or friend that the patient may be received into the Hospital, and a bond, with satisfactory security for the payment of board and other expenses while in the Institution. All private patients thus received, shall make a payment of thirteen weeks' board in advance, when brought to the Hospital; and if taken away uncured, and against the advice and consent of the Superintendent, within that period, no part of said payment shall be refunded.

3. Whenever a patient is sent to the Hospital by the order of any court, justice, judge, directors of the poor of a county, or the overseers of the poor of a township or poor district, the order or warrant, or a copy thereof, by which such person is sent, shall be lodged with the Superintendent.

Those who may bring a patient with any such order or warrant, will be required to pay, at the time of the admission of the patient, seventy-eight dollars.

4. Each patient before admission, shall be made perfectly clean, and be free from vermin or any contagious or infectious disease.

5. Each male patient shall be provided with at least three new shirts, a new and substantial coat, vest and pantaloons of strong woolen cloth,

three pairs of woolen socks, a black stock or cravat, a good hat or cap, a pair of new shoes or boots, together with a comfortable outside garment.

6 Each female patient, in addition to the same quantity of under garments, shoes and stockings, shall have a flannel petticoat, two good dresses, also, a cloak, or other outside garment. In case the patient is so excited as not to admit of being thus clothed, other clothing that can be kept on, that is comfortable and in sufficient quantity, with a change thereof, may be substituted.

7. It is very desirable that extra and better apparel should be sent with those accustomed to it, that when their health is improved, and when they attend religious worship, walk or ride out, their self-respect may be preserved. In all cases, the patient's best clothing should be sent; it will be carefully preserved and only used when deemed necessary for the purpose above mentioned. Jewelry, and all superfluous articles of dress, knives, &c., should be left at home, as they are liable to be lost.

8. A written history of the case should be sent with the patient, and, if possible, some one acquainted with the individual should accompany him to the Hospital, from whom minute, but often essential particulars may be learned.

9. The price of board, including washing, mending and attendance, for all who are supported by the authorities of the townships and counties, will be three dollars a week. For private patients, or those supported by themselves or friends, the price will vary from three dollars and fifty cents to ten dollars a week, according to the trouble and expense incurred, and according to their ability to pay. When patients are sent by the county or township authorities, payment is required at the time of their admission for twenty-six weeks in advance, and quarterly afterwards. When the patient is supported by the friends, payments are required quarterly in advance.

10. A bond with satisfactory sureties will be required for the payment of board and expenses, and for the removal of the patient, when discharged, by all persons.

Those who bring friends should be prepared to give such a bond; and, if strangers bring evidence of responsibility.

Form of Application.

The friends of patients making application for admission into the Pennsylvania State Lunatic Hospital, at Harrisburg, are requested, with the assistance of the family physician, to annex full and complete answers to the following questions:

1. What is the patient's name?
What is the age?
Is.....single or married?
2. Where was.....born?
Where is present residence?
3. What is.....occupation?
If a female, that of the husband or father?
4. When did the first symptoms of insanity occur, and in what manner.
5. Is this the first attack? If others, when and what was their duration?
6. Has the patient any permanent hallucination? And what is its nature?
7. Has the patient any disposition to injure others? If so, is it from premeditation or sudden passion?
8. Does the propensity to suicide exist? Has the patient ever made an attempt? If so, in what manner?
9. Has the patient a disposition to destroy clothing, furniture, &c?
Is the patient cleanly in.....habits?
10. What was the patient's natural disposition? Was there any peculiarity or eccentricity?
11. Have any members of the family ever been insane? On the father's or mother's side? Were the parents blood relations?
12. Has the patient ever been addicted to the intemperate use of intoxicating drinks, opium or tobacco? Does the patient indulge in any improper habits?

13. Has the patient ever had an injury of the head, epilepsy, or any hereditary disease, sudden suppression of any eruption or accustomed discharge?
14. What is the cause of this attack?
15. Has any restraint or confinement been resorted to? If so, what kind, and for how long?
16. Has the patient received any medical treatment? Has.....been bled, cupped or blistered?
17. State any other particulars of the patient's history, which may have a bearing on the present attack.

Bonds and Forms.

FORM OF BONDS FOR COUNTIES AND TOWNSHIPS.

State Lunatic Hospital, at Harrisburg.

WHEREAS.....a resident of
of the county of.....
 has been admitted a patient in the State Lunatic Hospital at Harrisburg,
 we
 the Directors of the Poor of the County of.....
 in behalf of inhabitants of the said county, do hereby promise.....
Treasurer of said Hospital, to pay him
 or his successors in office, the sum of.....
dollars and.....cents per week, for the board
 of said.....so long as he shall continue a
 patient in said Hospital, with such extra charges as may be occasioned
 by.....requiring more than ordinary care and attention, to
 provide for.....suitable clothing, and to pay for all such necessary
 articles of clothing as shall be procured for.....by the Steward
 of the said Hospital, and to remove.....from said Hospital,
 whenever the room occupied by.....shall be required for a class of
 patients having preference by law to be received into said Hospital, and
 if.....shall be removed at the request of.....before
 the expiration of six calendar months after admission, to pay board for
 twenty-six weeks, unless he shall be sooner cured. Also, to pay, not
 exceeding fifty dollars, for all damages he may do to the furniture and
 other property of said Hospital, and for reasonable charges in case of
 elopement, and funeral charges in case of death.

Payment to be made quarterly in advance, and at the time of removal
 with interest on each bill from and after it becomes due.

Witness our hands this.....day of.....A. D., 187.....

{ *Directors of the Poor of the*
 { *County of.....*

FORM OF BOND FOR PRIVATE PATIENTS.

Form of Physician's Certificate.

WE,..... of.....
 in the county of.....do certify that we have this
 day seen and personally examined.....
 of.....in the county of.....
 and believe.....to be insane, and a proper patient to be sent to the
 Pennsylvania State Lunatic Hospital.

....., M. D.

....., M. D.

I.....of.....in the
 county of.....do certify that the above certificate
 has been sworn to, or affirmed before me, and that the signatures are
 genuine and the signers respectable physicians of.....

.....[L. S.]

.....18.....

Request for Admission.

I.....of.....
 hereby request that.....of.....the
 patient above named, may be admitted as a patient into the Pennsyl-
 vania State Lunatic Hospital.

.....
18.....

Bond.

Know all men by these presents, That we.....
of.....in the
 county of.....are held and firmly bound unto
Treasurer of the Pennsylvania State
 Lunatic Hospital, and his successors in office, in the sum of five hundred
 dollars, for the payment of which we jointly and severally bind ourselves
 by these presents.

WHEREAS of.....of
 the county.....and who is insane, has been admit-
 ted a patient in the Pennsylvania State Lunatic Hospital, at Harrisburg:
 Now, therefore, the condition of this obligation is, that if the said obli-
 gors shall pay to the said Treasurer or his successors in office, the sum
 of.....dollars and.....cents per week, for the board of said
 patient, so long as.....shall continue in said Hospital, with such extra
 charges as may be occasioned by.....requiring more than ordinary care
 and attention, and shall provide for.....suitable clothing, and shall pay
 for all such necessary articles of clothing as shall be procured for.....
 by the Steward of said Hospital, and shall remove.....from said Hos-
 pital whenever required to do so by the Superintendent; and if.....
 shall be removed by the request of either of us, or by any one, before
 the expiration of three calendar months after the reception, then if said
 obligors pay board for thirteen weeks, unless.....should be sooner
 cured, and if they also pay, not exceeding fifty dollars, for all damages
may do to the furniture or other property of the Hospital, and for
 reasonable charges in case of death; such payment for clothing and
 board to be made in advance quarterly, and at the time of removal, with
 interest on each bill from and after the time it becomes due, then this
 obligation to become void, otherwise to remain in force.

Sealed with our seals, and dated the day of.....
18.....

.....[L. S.]

.....[L. S.]

Signed and sealed in the presence of

